

Are You Ready to Get
Started on a Healthier
and Trimmer You?
Right Now is the Best
Time to Join!

You & A Friend!



# If you love Curves... you'll really LOVE

## Contours Express.

The Better Idea in Women's Gyms!™

Contours Express is unique in the women's fitness market. Our 29 minute CardioFit circuit uses real weight equipment, designed specifically for women's bodies.

Here's why we're better...

- Real Weights help prevent osteoporosis and arthritis
- ✓ Real Weights help increase metabolism and fight obesity
- ✓ Real Weights help women fight heart disease
- ✓ Real Weights help women reduce their risk for diabetes
- ✓ Real Weights help prevent injury
- → Real Weights help women feel better about themselves!

### Contours Express.

The Better Idea in Women's Gyms!'

# Come Visit Us Today! \$19 for Life!\*

#### Berkley

28531 Woodward Avenue Berkley MI 48072 (248) 547-8888

### Canton/Plymouth

8014 Sheldon Center Road Canton MI 48187 (734) 416-9350

### **Rochester Hills**

1053 John R. Road Rochester Hills, MI 48307 (248) 601-4300

www.contoursexpress.com

\*Restrictions apply. Hurry Offer ends April 30th.